

ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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Participants with faculty of One day Basic Acupressure Course held on 17th April 2016 in Hotel Chalukya

One Day Basic Acupressure Course

A report by Mr.Sivaraman, Office Assistant, AAA Ph 080-23132103(10AM to 5PM)

One day basic Acupressure course was conducted on 17th April 2016 in Hotel Chalukya. Basic Acupressure Course was attended by 14 Participants from various walks of life to know the techniques of “ healing thyself “. Few of them have come from Chennai, Mysore and Kollam to attend this course.

The I Session was on “Single Point Solutions” by Dr.H.Bhojraj was well received by the participants.

The II Session also was more practical on Reflexology-Health in your hands given by Mr. Girish.

The III session was body balancing practicals.

After the lunch, health and disease was discussed. The IV session was on Chromo therapy by Mr. Girish which was introduced for the first time in this basic course.

The V Session was on “Auricular Therapy” which was not only discussed but practical demonstrations were done for most of the participants to get the feel of this simple therapy.

The VI Session was on how to stay healthy after the feed back Session.

Overall the course was conducted in a professional way and almost all of them gave excellent rating for the course.

The next one day basic course will be conducted on 15th May 2016 in the same venue.

Those who are interested in joining the course can download the registration form from our website acupressureclub.org and transfer the fees (Rs.2000/) **to Indian Bank, Rajajinagar A/c No.6012588256 IFS CODE IDIB000R005 (Academy for Acupressure & Acupuncture) .**

Feed Back from Participants.

Sl. No	Name	Phone No & E-mail Id	Feed Back
1	Mrs.Padma Subbaraju, 60yrs. (House wife)	9900523576 padmasraju@gmail.com	Very Useful Course
2	Mrs. Anitha Ullas, 42yrs (Teacher) from Kollam	0-9020140159 anithaullas@gmail.com	Excellent Demonstrations
3	Mrs. Madhu Bala Gupta, 57yrs (Entrepreneur) from Mysore	9886904124 madhugupta264@gmail.com	Easy to understand, well demonstrated.
4	Mrs. Pratheeka Karumbaiah, 26yrs (Engineer) from Mysore	9902509354 prath.krumbaiah@gamil.com	Well organized course
5	Mrs. S. Geetha, 59yrs (Retried Teacher) from Chennai	0-9884599069 geetha.50@hotmail.com	Everything was explained clearly with full involvement
6	Mrs. B.P. Sushma, 34yrs (Alternate Medicines Practioner)	9620613555 sushmabprakash@gmail.com	Learnt Simple, easy and more valuable techniques

7	Mrs. L Chithrakala (House wife) 35yrs	9036028293 chithramagesh06@gmail.com	Very useful and interesting
8	Mr. H.G. Magesh, 37yrs (IT Executive)	9986028293 magesh.hg@gmail.com	Very well planed & organized
9	Mr. K.M. Gururaj, 70yrs (Rtd officer)	9986038397	Fantastic Programme
10	Mr. M. Vinutha, 64yrs (Social worker)	9686399182 vinutha.moola@gmail.com	Training should reach common People
11	Mrs. Vasantha Mahesh, 31yrs	9900077353 finzhr@gmail.com	Very interesting and motivating course.
12	Dr. Neeloji Saroja. BAMS, Ass Prof.	9731200738 neeloji.saru@gmail.com	Very useful course.
13	Dr. Rohini H.D BAMS, Ass Prof.	7760558855 drrohinihd@gmail.com	Excellent Sessions
14	Dr. Chaitra L.V. BAMS, Ass Prof.	9620956809 chaitra.lv@gmail.com	Programme was good

NEXT ONE DAY ACUPRESSURE COURSE

15th May 2016(SUNDAY)

HOTEL CHALUKA A/C HALL (I FLOOR) Race Course Road

9 30 AM to 5PM

Course Fee Rs2000(Rs Two Thousand only)

Includes Acupressure and Fitness Book, Lunch and Tea

Programme Schedule

9 30 to 10 AM Registration

10 to 11 AM Single Point Solutions for Common Ailments

11 to 12 Reflexology-Health in your hands

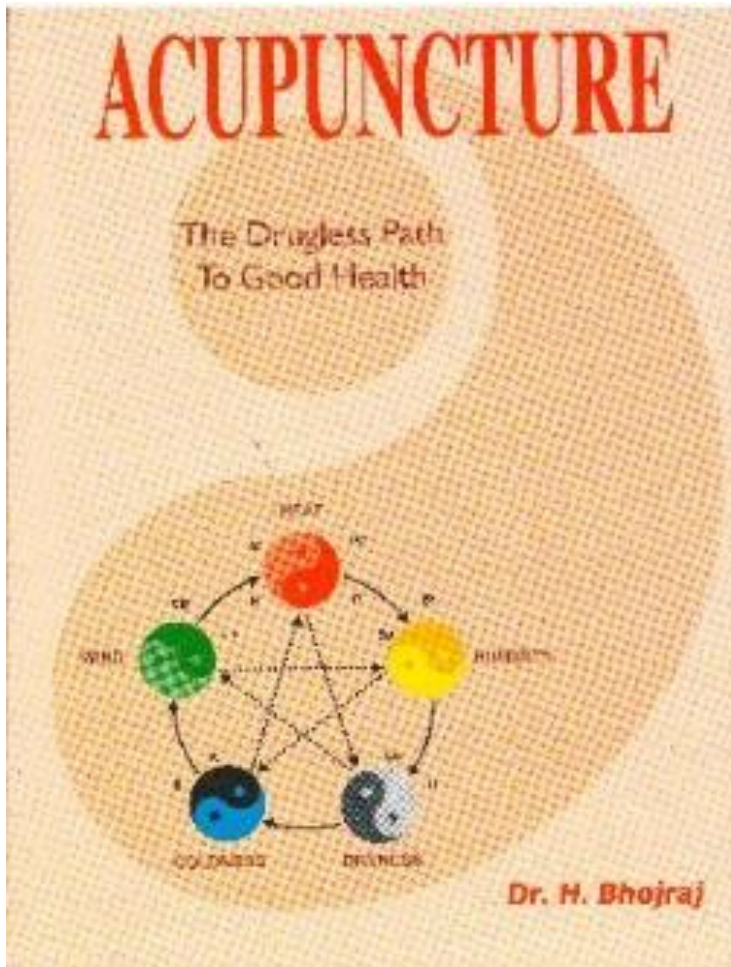
12 to 1 PM Body-Energy balancing

1 to 2 PM Lunch

2 to 3 PM Health and Disease/Auricular Therapy

3 to 4 PM SWISO and Oil Pulling Therapy

4 to 5 PM Feed back and How to stay healthy?



This book ACUPUNCTURE-The drugless path to good health is ready to go for revised International edition in next few months. We are working on this book to revise or add any suggestions given by Acupuncture Practitioners using this book as a reference. Kindly send your comments about the usefulness of this book also any additions needed to be incorporated by mail to my e-mail address acu_bgl@yahoo.co.in on or before 31st May 2016.

We are also looking for translation into Kannada, Tamil, Hindi and Telugu and also publish in the regional languages to spread this scientific therapy to the rural mass. Interested publishers are requested to contact our Academy(23132103) or me, for taking it forward. Foreign Publishers for English re-edition will also be considered.

Dr.H.BHOJRAJ

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